

**Jefferson City Parks and
Recreation
and Jefferson City School District**

6 & 7th Grade Softball Packet



Fall 2015

**Jefferson City Department of Parks, Recreation & Forestry
and Jefferson City School District
6 & 7th Grade Fall Fast Pitch Softball League 2015**

Youth Sports Mission Statement:

"It is the mission of the Parks and Recreation Youth Sports programs to serve young players, their families and the Jefferson City community at large by providing fun, safe and enjoyable youth sports experiences by recognizing each player's physical and emotional well-being, by teaching skills development, by treating them with respect and dignity, by encouraging positive parent involvement, and by enriching young lives with meaningful recreation and socialization."

Program Objectives:

The Jefferson City Parks and Recreation Department and the Jefferson City School District have established the following objectives for its youth sports programs. It is our hope, our goal, and our responsibility to see that youth sports will be approached by all concerned as programs which will:

- 1) provide enjoyment for the participants, coaches, and parents;
- 2) contribute to the mental, emotional, physical, and social development of the children;
- 3) foster character by teaching participants how to win and how to accept defeat, while continually placing emphasis on fair play and fun;
- 4) provide an opportunity for parents and children to participate in a common leisure interest;
- 5) provide all children, regardless of skill level, the right to participate as a child with competent, caring adult leadership and guidance;
- 6) treat all children with dignity;
- 7) provide adults with an opportunity to teach children the importance of sportsmanship, mature behavior, and the fun of participation in sports.

Program Explanation/Sponsors responsibilities:

As a program participant, it is important that you understand the responsibilities of each of the program sponsors.

Parks and Recreation provides assistance with registration materials; prepares all league schedules; offers coaches training; provides game site for outdoor sports, game equipment, and personnel necessary to provide a positive, enjoyable learning experience for all involved. The schools organize the registration procedure, set cut-off registration dates to give school coordinators time to secure the necessary volunteer staff needed for the program; prepare and mail rosters; communicate directly with players and parents; enforce school eligibility rules; recruit and instruct volunteer coaches; distribute and review program sports packets, provide practice facilities and equipment for all of their teams; provide game uniforms, monitor the behavior of and instruct youth sports teachers and players as appropriate to insure that the program is meeting its objectives; provide games facilities for indoor sports, and provide supervision of all game sites.

The Role of volunteer staff members:

You have generously volunteered to assist with a youth sports program offered and conducted by Jefferson City Parks and Recreation and the Jefferson City School District. We appreciate your willingness to help.

As a volunteer staff member it is imperative that you understand our expectations for this position, in effect, your job description. This begins with the explanation that these programs are designed to provide all participants with an opportunity for fun and success; an occasion for youngsters to improve their physical fitness, their social talents, and their attitude towards exercise and sports, while developing skills. These programs, as all programs offered by the schools, must be a positive learning experience for all children who wish to participate.

You, therefore, assuming that your application is accepted, will be a teacher. As with all teachers, the expectations are demanding. If you are good at instructing sports skills and the children perceive you to be a fair person, they will respect you greatly. You have a wonderful opportunity to enrich their lives by setting an example of good sportsmanship and personal integrity.

Your job is to instruct, guide, direct, and assist youngsters in developing skills and enjoying the sport; to help the youngsters grow, mature, and develop a healthy attitude toward recreation and sports; and to foster an atmosphere of mutual respect with the dignity and self-esteem of the children as the highest priority.

It is expected that you will provide safe, well-organized practice sessions; that you will communicate constructively with the youngsters and their parents; that you will effectively teach the fundamental skills of your sport; that you will know and abide by all league rules; that you will respect game officials and provide a positive example of good sportsmanship for your team; that you will properly care for all equipment and return it in good condition immediately after the season, and that you will remain drug, alcohol, and tobacco free at any and all activities involving your team and will assure that your assistants do the same. Teaching is a hard job! The children are watching all the time. We cannot let them down.

Have you ever been convicted of a crime other than a minor traffic violation? **Yes or No**

If yes, please explain (record situation on attached sheet if necessary)

Agreement:

As a prospective volunteer staff member responsible for teaching youth sports and all it involves, I understand my role as described herein, and the nature of the program and its objectives. I pledge to fully comply with the expectations of the Department of Parks and Recreation and the Jefferson City School District and agree to willingly relinquish this position if Program Supervisors, Extramural Coordinators, or Physical Education teachers feel that my performance does not meet these requirements.

Volunteer Staff Applicant: _____ Date: _____

Application Accepted by: _____

School Program Coordinator: _____ Date: _____

"Please Return this Form to the School Program Coordinator"

MEMORANDUM

TO: 6th & 7th Grade Fall Softball Coordinators
FROM: Missy Morarity, Recreation Program Supervisor
RE: Coaches Certification
DATE: August 2015

It is not mandatory, but we **strongly recommend** that all softball coaches be certified through the National Youth Sports Coaches Association (NYSCA). Youth sports can and should be a fun, positive experience for the children, as well as parents. We feel training and education of volunteer coaches and parents is an important part of youth sports. Our goal is to eliminate the times when coaches with good intentions get caught up in the competition of sporting events and the event becomes more important than the child. We have scheduled one certification clinic for softball:

On-line at www.nays.org

New coaches must attend both the first year certification and the sports specific portion of the clinic. Coaches certified through NYSCA in another sport need only attend the sport specific portion.

The objective of NYSCA clinics is to make the volunteer coach aware of his/her responsibilities in the psychological needs of children, safety, conditioning, practice organization, and teaching proper techniques. The first year certification fee is \$20 (due the day of the clinic) and includes \$1,000,000 Excess Liability Insurance Coverage, Membership Card, and four issues of Youth Sports Journal. There is no charge for attending the sport specific portion only. ALL coaches interested in attending the clinic must call the Parks and Recreation office at 634-6482 or 634-6563 to register.

Coaches who are already certified and wish to continue their membership and qualify for the **NYSCA Continuing Education Program** do not need to attend the clinic. All that is required is that those coaches re-sign and comply with the Coaches' Code of Ethics Pledge and pay the \$20 fee. Those NYSCA members receive \$2,000,000 Excess Liability Insurance Coverage, \$250,000 Excess Accident/Medical Insurance (\$50 deductible for injuries sustained while coaching), Membership Card, four additional issues of Youth Sports Journal, and cost saving programs from NYSCA corporate sponsors for another year.

For more information concerning NYSCA certification, please call the Parks and Recreation office (573)634-6482.

**JEFFERSON CITY PARKS AND RECREATION/JEFFERSON CITY SCHOOLS
REGISTRATION / INDEMNIFICATION FORM FOR
6 & 7th Grade Fall Softball 2015**

(This form must be returned to your school's office)

Participant Name (Last, First, Middle):		
School:		
wishes to participate in: <ul style="list-style-type: none"> 6 & 7th Grade Fall Softball (Monday evenings). All games will be played at Optimist Sports Complex in Ellis-Porter Riverside Park 		
Has your child played football/softball before? Yes No # of years: _____		
Is your child playing in a competitive league? Yes No League: _____		
Are you interested in coaching for your child's team? Yes or No		
Parent(s) Name:		
Address (Street, City, Zip code):		
Phone Numbers:	Day:	Evening:
E-mail:		

Games will begin the week of September 14. Practices will be held at the discretion of the Coaches.

INDEMNIFICATION BY GUARDIAN OF PARTICIPANT

The undersigned guardian of _____ agrees to save and indemnify the Department of Parks, Recreation and Forestry and its personnel, coaches, and the sponsor of the youth sport team against any and all liability, claims, judgments, or demands for damages arising as a result of injuries sustained while participating in Parks and Recreation programs. The undersigned guardians further acknowledge the inherent risks of participation in sports and recognize that injuries, some serious, can and do occur as a result of such participation.

TREATMENT AUTHORIZATION

The undersigned guardian(s) certify that _____ is free from communicable diseases and fit for full participation in sports. The undersigned guardian(s) hereby grant consent for all medical care prescribed by a duly licensed physician for the participant. This care may be given under whatever conditions are necessary to preserve the life, limb, or well-being of the participant.

Physician:	
Phone Number:	
Hospital Preference:	

EMERGENCY CONTACT PERSON

In the event that you are unable to be reached in an emergency, who would you like the coaching staff or hospital to contact?

Name:	
Relation to participant:	
Phone number:	

RECOGNIZED MEDICAL CONDITIONS

Does your child have any medical conditions that the coaching staff should know about (allergies, asthma, cardiovascular deficiency is he/she allergic to any medications, is he/she using any medications that may affect performance)?

As the parent/guardian of the participant, I understand that due to the inherent nature of softball, physical contact will occur and physical injury may occur while participating in the 6-7th grade softball program.

Signature of parent or guardian:

Date:

"THANK YOU FOR TAKING TIME TO HELP US INSURE YOUR CHILD'S SAFETY!"

"This Form must Be Returned to Your School's Office"
Please Do Not Bring this Form to the Parks and Recreation Office!"

**Jefferson City Department of Parks, Recreation and Forestry
& Jefferson City School District
6th & 7th Grade Fall Fast-Pitch Softball League 2015**

PROGRAM EXPLANATION/SPONSORS RESPONSIBILITIES:

As a program participant, it is important that you understand the responsibilities of each of the program sponsors.

Parks and Recreation provides assistance with registration materials; prepares all league schedules; offers coaches training; conducts pre-season coach's orientation and administers games; provides game site for outdoor sports, game equipment, and personnel necessary to provide a positive, enjoyable learning experience for all involved. The schools organize the registration procedure, set cut-off registration dates to give school coordinators time to secure the necessary volunteer staff needed for the program; prepare and mail rosters of no more than 15 players per team; communicate directly with players and parents; enforce school eligibility rules; recruit and instruct volunteer coaches; distribute and review program sports packets, provide equipment for all of their teams; monitor the behavior of and instruct youth sports teachers and players as appropriate to insure that the program is meeting its objectives; and provide supervision of all games when your team is participating.

ELIGIBILITY

1. Each player must be currently enrolled in the 6th or 7th grade at either Lewis & Clark or Thomas Jefferson Middle School for the 2015-2016 school year.
2. Players who have not properly registered and been selected or assigned are ineligible to participate. Each manager is responsible for the eligibility of his/her team's players. Use of an ineligible player shall result in forfeiture of the game(s) involved.

UNIFORMS/EQUIPMENT

1. If possible, the players of each team should be similarly attired in t-shirts of the same color. Shorts or long pants may be worn. Numbers on shirts are not required.
2. Metal spikes are not permitted.
3. The ball used is a 12" fast-pitch softball.
4. Batters, on deck batters, base runners, and players coaching a base are required to wear an approved protective helmet. Intentional removal of the helmet while base running will result in the runner being called out if observed by the supervisor and/or coach. The Parks and Recreation Department will provide game balls and catcher's equipment for games only (please see program supervisor or field supervisor for game site equipment). Mandatory catcher's equipment includes a mask/helmet, chest protector, and shin guards. Any player warming up a pitcher must wear a mask. Please inventory equipment to make sure you have five batting helmets, a catcher's head gear (consisting of helmet/mask), two pairs of shin guards, and a chest protector when you take possession of a dugout. At the end of your game, inventory the equipment before you leave the dugout (game equipment remains in the dugout)! Please notify the program supervisor or field supervisor the moment you notice any equipment missing at any time.

5. Team managers are responsible for seeing that all of their players are in compliance with the uniform and equipment rules.

SCHEDULING

1. All teams will be scheduled for 6 games.
2. Games will begin the week of September 14 and will be played at Optimist Sports Complex in Ellis-Porter Riverside Park, game times will be 5:45, 7:00 or 8:15 p.m. on Monday evenings.
3. The Department of Parks and Recreation reserves the right to reschedule canceled games to any day, field, and/or time.

PRACTICES

1. No team will be permitted to require more than two practices in any Sunday to Saturday period.
2. The Department of Parks and Recreation will not supply practice equipment.
3. A scheduled practice field will be offered to teams in this program. To schedule a practice field, please contact your school supervisor.

SCORE KEEPING

1. The home team will be responsible for keeping the official score book.
2. Managers must complete a line-up card and present it to the opposing coach before each game.
3. Managers should verify to the school supervisor the number of runs scored in each half inning. After checking with both managers, the school supervisor will record the score for the half inning on an official score validation card.

GENERAL RULES

1. Coaches must be aware of their intensity levels. Although intentions may be good, they can be overshadowed by coaches exhibiting levels of high intensity resulting from self-induced pressures of winning and losing. Remember, if you are tense you're not having fun and neither are the children.
2. The official playing rules of the Missouri State High School Activity Association (MSHSAA) will govern play unless mentioned elsewhere in this packet.
3. **Pitching:** Game rules will follow the National Federation (High School) rules for fast pitching. This allows the pitcher to step backwards to begin her motion.
4. **Game time is forfeit time.** A team must have at least **seven** players to begin a game.
5. Game time begins when coaches walk away from pre-game meeting.
6. **The games will consist of six innings or a 1 hour and 10 minute time limit.** No new inning will begin after the time limit, but the inning being played will be finished. Games which are tied when the time limit expires will be left as a tie.
7. Inning Run Rule: a team cannot score more than 6 runs per inning.
8. Base distances will be 60 feet.
9. An umpire **will not be** provided for this league. ***Coaches or parents will be the umpires.*** They may position themselves behind the pitcher. Coaches will need to keep track of the number of outs recorded per inning by each pitcher and verify the totals (with the opposing coach) at the end of each half inning. Umpire equipment is available on site.

10. Field/School Supervisors will be instructed to not permit unsportsmanlike behavior by coaches or players. Verbal abuse or harassment of opponents will not be permitted. Participants may not "officiate" games by yelling out, i.e. safe, ball or strike, and fair or foul calls. Players should be taught to encourage teammates rather than criticizing opponents or umpires. Field Supervisors and/or School Supervisors have the authority to remove offenders of this provision from the game. Team managers are ultimately responsible for the conduct of players/coaches/fans. Anyone (player, manager, coach, or fan) ejected from a game for unsportsmanlike conduct is suspended from attending the next regularly scheduled game. Their attendance will be cause for forfeiture of that game.
11. **A maximum of four adults will be allowed on the bench with a team during a game.** Smoking and/or using tobacco of any kind is not permitted in the dugouts or on the field by players or coaches. Only that team's players and a maximum of four adult coaches may be on a team's bench during any game.
12. **All leagues will play the continuous batting order rule.** All players who have not missed practice and have not been a discipline problem will bat in a continuous order throughout the game. If a player arrives after the lineup has been turned in, her name must be added following the last name on the card. There is no such thing as a pinch hitter in this league. Pinch runners are permitted only when an injury forces a substitution and must be the player batting immediately ahead of the injured player who is not herself on base at the time.
13. Runners may not advance until the ball crosses the plate. Runners may advance one base on an overthrow/passed ball (except home).
14. Unlimited substitution is permitted unless it violates another rule stated herein.
15. **Pitchers may pitch a maximum of 3 innings per game.** Pitchers can be removed and returned as long as their pitch count remains within the 3 innings per game.
16. All girls who have not missed practice or been a discipline problem must play defense. No such player may sit on the bench when her team is in the field for more than two innings in any game.
17. Only one minute will be allowed to elapse between halves of innings.
18. Pre-game infield practice will be permitted only if the previous game was completed early and time is available prior to the scheduled starting time. In that case, time will be equally divided between the two teams, but only at the approval of the supervisor.
19. The infield fly rule is in effect.
20. A coach or his/her representative may make only one trip into fair territory (a "charged conference") in any inning with a maximum of three per game. On the fourth and each subsequent charged conference the coach must remove the pitcher from the pitching position for the duration of the game. In Parks and Recreation leagues, removing a pitcher does not eliminate the charging of the conference.
21. **Only one offensive timeout per inning is permitted.**
22. Between innings, pitchers will be given no more than one minute to throw up to **five warm-up pitches**. Relief pitchers are permitted eight warm-up pitches on their first appearance in a game.
23. In all leagues, a **courtesy runner** must replace the catcher as a base runner when there are two outs. This rule is designed to speed play. The courtesy runner cannot enter unless there are two outs. The courtesy runner must be the player batting immediately before the catcher who is not herself on base at the time the second out is made.

24. If a player is on base and the team manager wishes to enter that player as pitcher (when the opponent comes to bat), he may replace that base runner with the player batting immediately before her in the lineup who is not herself on base at that time. The player leaving base must enter as the pitcher when that team returns to the field. This will help to ensure that an entering pitcher has had adequate time to warm-up properly.
25. **Base runners Contact Rule:** A runner must attempt to avoid a fielder who has possession of the ball or is waiting to catch a thrown ball. If, in the judgment of the volunteer umpire, the runner does not choose one of the following four options to avoid contact, the base runner will be called out: 1) go around (staying within three feet to the left or right of the baseline); 2) go back; 3) stop and be tagged out; or 4) slide. If, in the opinion of the volunteer umpire(s), the base runner maliciously ran into the fielder, the runner will be called out and ejected from the game. If ejected, the player may serve a one game suspension depending on severity of contact. These decisions will be a volunteer umpire's judgment call. *To ensure the safety of all participants, please instruct players to position themselves just outside the baseline until they have possession of the ball. In situations where gaining possession of an errant throw forces the fielder to position themselves in the baseline see incidental contact statement.*

Incidental Contact: There are incidents where contact cannot be avoided (i.e. if the fielder changes her position at the last minute, leaving the base runner with no possible chance to change direction, causing a collision). This type of contact is incidental and will be allowed. Base runners may protect themselves, but may not in any shape or form use aggressive tactics with the intent to cause injury or dislodge the ball. This too will be a volunteer umpire's judgment call. This rule does not give a base runner the right to deliberately "take out" the fielders!

Bleeding Policy

A player or coach who is bleeding or who has blood on his/her uniform shall be prohibited from participating further in a game or practice until appropriate treatment, including bandaging as necessary to prevent recurrence, has been administered. If medical care is needed, the player must terminate participation until the situation has been resolved. Uniforms should be cleaned with a 70% isopropyl alcohol solution for disinfecting skin and uniforms. If saturated, the uniform must be changed. All affected areas must be thoroughly cleaned before this individual is allowed to continue participating. Participants should bring extra shirt/pants/socks in the event that the umpire(s) or field supervisor should determine that the participant must change clothing in order to continue participating. Coaches/schools should acquire the cleaning kit that will be needed for their teams.

SPECIAL LEAGUE RULES

1. The distance between the back point of home plate and the front of the pitcher's plate will be 40 feet.
2. A pitcher may pitch a maximum of 3 innings per game. A wide strike zone is strongly recommended. Remember, games filled with walks are not fun for the participants.
3. Ten players will be permitted to play defense simultaneously. The 'extra' player must play in the outfield and the outfielders must be employed in an arc alignment - short fielders are not permitted.
4. Runners may not advance until the ball crosses the plate. Runners may advance one base on an overthrow/passed ball (except home).
5. Batters may not run on a dropped third strike.
6. Inning Run Rule: a team cannot score more than 6 runs in an inning.

**Jefferson City Department of Parks, Recreation & Forestry and
The Jefferson City School District
6th & 7th Grade Fall Fast Pitch Softball League 2015**

SCHOOL _____
TEAM NAME _____ SHIRT COLOR _____
HEAD COACH _____ E-mail: _____
ADDRESS _____
street, city, zip code
HOME PHONE _____ WORK / CELL PHONE _____

PLAYERS:

- | | |
|-----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |
| 11. _____ | 12. _____ |
| 13. _____ | 14. _____ |
| 15. _____ | |

Coaches are strongly encouraged to not allow the participation of any players in a practice or game until the parental permission/Indemnification sheet is in their possession.

Please return this roster to Parks and Recreation, 427 Monroe St., no later than 5 p.m. Friday, September 4, 2015. If your roster is not in by this deadline your team will not be scheduled.

(INFORMATION CALLED IN WILL NOT BE ACCEPTED)

Program Coordinator _____ Day Phone # _____
Evening Phone # _____